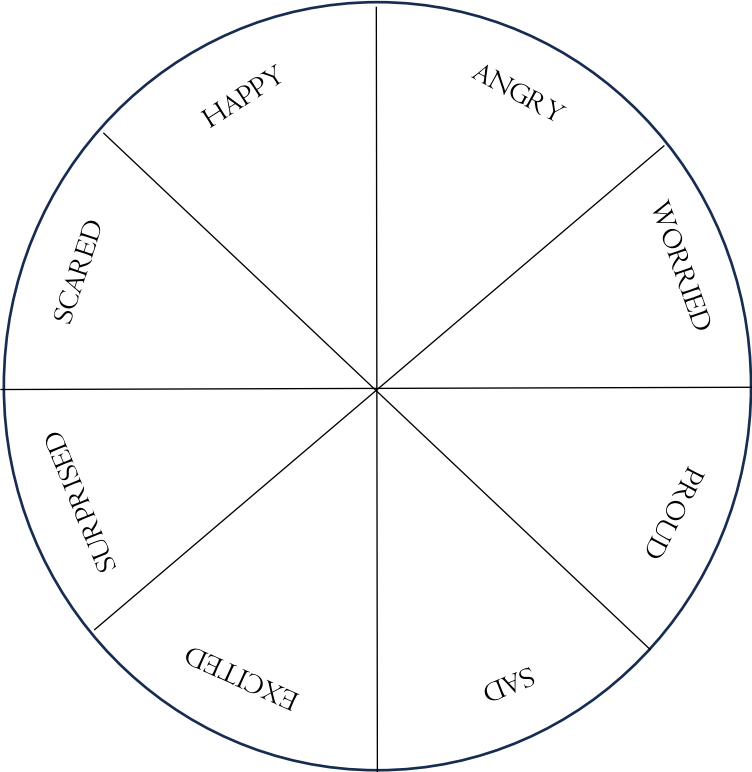


MY EMOTIONS WHEEL



SELF-REGULATION

What is Self-Regulation?

Self-Regulation is the ability to tolerate sensations, situations, distress and for responses.

More simply it is the ability to control emotions, thinking, behaviour and motor actions in different situations.

In children, self-regulation matures just like other development processes. Children get older and learn to think before they act.

How can you help someone develop self-regulation?

Here are some activities to help with the development of self-regulation:

- Teach self-regulation at a young age.
- Demonstrate model and proper behaviour
- Help people by providing hints to regulate their emotions
- Provide verbal and physical cues to help people with emotion regulating
- Monitor children to determine when adult support can be withdrawn.
- Play games that require a start and stop skills such as: Red light, Green light, Freeze dance, Simon says etc.
- Play any games that require turn taking



MOOD MUSIC

Music can be very powerful. Sometimes we use it to change our moods, and other times we choose songs that can relate to how we feel in the moment. Use this worksheet to share about music and how it may impact your mood.

A song I listen to when I'm angry..

A song that I listen to when I'm feeling sad..

My favourite musical group of all time..

A song that makes me want to dance every time..

My favourite place to listen to music..

A song that best describes me..

My favourite song lyric of all time..

A song that gets me pumped up..

My favourite musician of all time..

A song that reminds me of my favourite person..

A musician I *CAN'T* stand to listen to..

A song that calms me down when I'm anxious..

A song I can listen to all day on repeat..

A song that makes me cry..

A song that makes me feel good about myself..



ALL MY FEELINGS!

Share examples of when you've experienced any of these feelings.

A time I felt **happy** was when _____

A time I felt **angry** was when _____

A time I felt **disappointed** was when _____

A time I felt **nervous** was when _____

A time I felt **embarrassed** was when _____

A time I felt **confused** was when _____

A time I felt **sad** was when _____

WHAT CAN HELP...

When I feel stress:

When I feel blah or bored:

When I feel alone:

When I feel sad or hurt:

When I feel angry:

When I feel worried:

THIS BELONGS
TOO

I feel **stressed out** when:

A **STRENGTH** STATEMENT I CAN
TELL MYSELF WHEN I FEEL
STRESSED OUT IS:

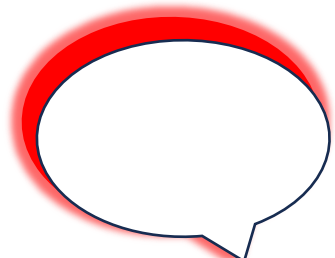
- A. I can deal with this stress and take it one step at a time
- B. Right now I am safe
- C. All I need to do right now is breathe. Just breathe.
- D.

CLUES IM FEELING
STRESSED OUT

WHEN I FEEL

STRESSED OUT

Someone I can talk to
when I'm stressed out
is:



IF STRESS COULD "TALK"
IT WOULD TELL ME THAT I
NEED

STRESS



ALONG WITH FEELING STRESSED, I'M ALSO
FEELING:

- Tired Anxious Hopeless Overwhelmed
Tense Overloaded Angry Fearful Restless

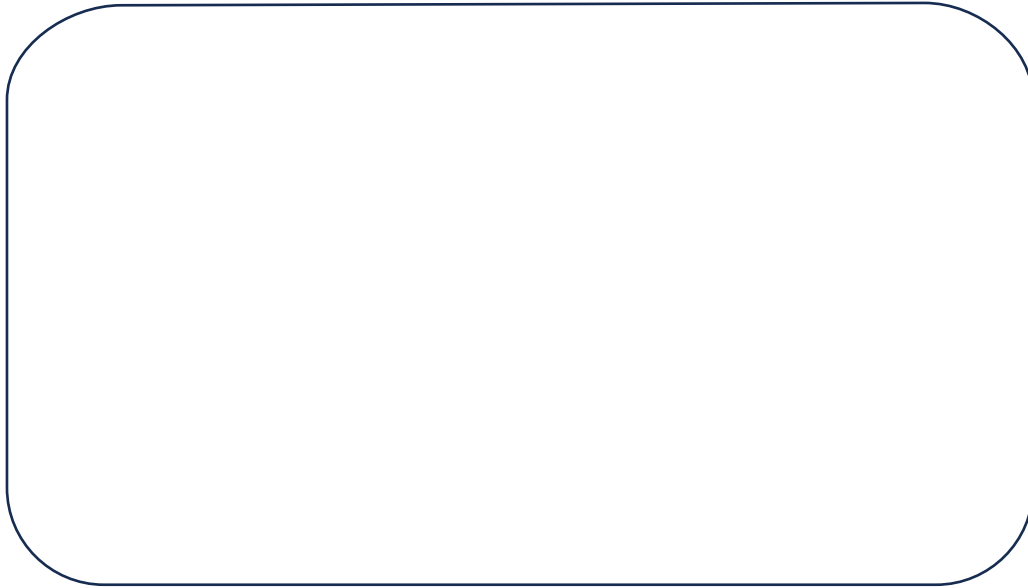
my ACTION plan

for when I feel stressed out:

- EXERCISE**
and/or play a sport 
- STRETCH**
or do yoga 
- ORGANIZE**
clean and declutter 
- BREAK DOWN TASKS**
and projects into smaller, more manageable steps 
- UNPLUG**
and go outside 
- DRINK PLENTY OF WATER**
and eat healthy food 
- RETURN TO THE PRESENT MOMENT**
and focus on 3 things I see,
3 things I hear,
and 3 things I feel  WHAT ELSE?

When I Felt _____

Draw a picture of when you experienced this feeling!



What happened that made you feel this way?

Was it a good feeling? **YES** or **NO**

What did other people do when they saw you feeling this way?

What did you do to cope with this feeling?
